

HITTERS & SETTERS CAMP

SoloSpike and SoloSet Training

2011 CAMP DESCRIPTION:

- 3-day intensive fundamentals focused program.
- Individual evaluation guaranteed.
- Develop proper hitting and setting mechanics through biomechanics education and skill correction with a focus on injury prevention.
- Dartfish video analysis software & industries top attack trainer (SoloSpike LS2500) provide testing and teaching environment that develops efficient and confident athletes.
- **Competitive Edge Volleyball** is changing the way to develop mechanically sound, fundamentally driven, peak conditioned volleyball athletes.

Location

National Volleyball Center,
Rochester, MN

Cost

\$95 per player

Dates

July 5, 6, & 7

Time

July 5 & 6

9-11 am

11-1 pm

Hitters Only
Setters Only

July 7

9 am to 12 pm

Setters & Hitters

REGISTER NOW!

Limited Space Available

Contact: carolyn.bell@roch.edu



www.competitiveedgevb.com